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Overview of the IFBB Online Course: Master Bodybuilding & Fitness Degree

Course Provider:
International Fitness and Bodybuilding Federation (IFBB), the global authority in bodybuilding and fitness education[1] [2] [3].

Purpose and Audience:
This course is designed for aspiring elite athlete coaches, personal trainers, and athletes aiming to deepen their expertise in bodybuilding, fitness training, and sports nutrition. It is open to anyone over 18 years old (or under 18 with parental/guardian authorization)[1] [4] [5].

Key Features:

- **Comprehensive Curriculum:**
  The course is structured into seven modules, each covering essential aspects of bodybuilding, fitness, nutrition, and coaching. Modules are developed by experienced professors and world champion athletes, ensuring both scientific rigor and practical relevance[1] [4].
- **International Recognition:**
  Successful graduates receive an internationally recognized IFBB certification, including a diploma and an official IFBB Master Degree Card[1] [4]. This credential is respected worldwide and can significantly enhance your professional profile in the fitness industry[3].
- **Flexible, Online Format:**
  All course materials are provided in PDF format (printable or viewable on any device), and the program can be completed entirely online, allowing you to study at your own pace within a maximum period of one year[1] [4].
- **Assessment and Progression:**
  Each module concludes with a multiple-choice test (one hour per test). A minimum score of 60% is required to pass and proceed to the next module. If you fail, you have one additional attempt; failing again requires re-enrollment at a reduced fee[1] [4].
- **Support and Tutoring:**
  Throughout the course, students have access to tutors for questions about the syllabus and course content[4].
- **Course Duration:**
  The standard workload is 120 hours, with a maximum completion time of one year[1] [4]. Some regional offerings may vary in duration (e.g., 30 hours in the USA version)[5].
- **Languages:**
  The course is available in both English and Spanish[1] [4].
- **Requirements:**
  - Internet-enabled device (desktop, laptop, tablet, or smartphone)

- PDF reader and document creation software
- Valid email address for course access codes[1] [4] [5]

Certification Process:
Upon successful completion of all modules and exams, you will receive your IFBB Master Bodybuilding & Fitness Degree certificate and card within 7–10 days[4]. This certification enables you to join the prestigious International College of IFBB Coaches and connect with a global network of professionals[6] [3].

Enrollment Procedure:
After payment (via PayPal or bank transfer), you receive access codes by email to begin the course immediately or within a few days, depending on the payment method[1] [4] [5].

Why Choose the IFBB Master Bodybuilding & Fitness Degree?

- **Global Prestige:**
  IFBB certification is recognized and respected in over 200 countries, endorsed by leading international sports and fitness organizations[3].
- **Expert-Led, Evidence-Based:**
  The curriculum is developed by leading scientists, coaches, and world-class athletes, ensuring the highest standard of education[1] [3].
- **Career Advancement:**
  Graduates gain access to a worldwide network of fitness professionals and opportunities for further professional development and recognition in the industry[6] [3].

Summary Table

Feature	Details
Provider	IFBB Academy (International Fitness and Bodybuilding Federation)
Course Structure	7 modules, each with notes, Q&A, and a test
Duration	120 hours (standard) / up to 1 year to complete
Language	English, Spanish
Certification	IFBB Master Degree (internationally recognized diploma and card)
Audience	Coaches, personal trainers, athletes (18+ or with parental consent)
Exam Requirement	60% minimum per module; 2 attempts per module
Delivery	100% online (PDF materials, tutor support, online exams)
Cost	850€ (with discounts for previous IFBB course graduates)
Access Codes	Sent via email after payment

Conclusion

The IFBB Online Course: Master Bodybuilding & Fitness Degree is a comprehensive, internationally recognized program ideal for those seeking to advance their knowledge and career in bodybuilding and fitness coaching. Its rigorous, evidence-based curriculum, flexible online format, and global prestige make it a leading choice for fitness professionals and serious athletes worldwide[1] [6] [3] [4].

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Online Course: Master Bodybuilding & Fitness Degree

Became a master degree by IFBB,
Overview of the IFBB Online Course ,what are textbooks names that go with it?

The IFBB Online Course: Master Bodybuilding & Fitness Degree does not explicitly list traditional textbook titles as part of its curriculum. Instead, the course materials are provided as proprietary PDF files created and owned by the IFBB, designed specifically for the course and available for printing or on-screen study[7] [8].

However, the IFBB Academy offers related specialized guides and training manuals that complement the course content, which can be considered as textbook-style resources or supplementary materials:

- **Bodybuilding Training Guide** – An evidence-based 12-week exercise program divided into two 6-week blocks, focusing on hypertrophy and physique development, designed by IFBB specialists[9].
- **Men's Physique Training Guide** – Tailored for developing an athletic and aesthetic physique, with exercises and techniques selected by IFBB experts[9].
- **Classic Physique Training Guide** – Similar format to the Men's Physique guide, focusing on classic bodybuilding aesthetics[9].
- **Fit Model Training Guide** – Designed for fitness modeling physiques, with evidence-based training blocks[9].
- **Nutrition Guides** – Available for different weight categories (e.g., 50-60 kg, 70-80 kg), these guides provide nutritional strategies aligned with bodybuilding and fitness goals[9].

Additionally, the **IFBB College Book** is an official reference guide endorsed by the IFBB, which may serve as a comprehensive textbook or reference manual for students and professionals in bodybuilding and fitness coaching[10].

In summary, the Master Bodybuilding & Fitness Degree course relies primarily on IFBB proprietary PDF course materials rather than standard textbooks, but students can supplement their learning with IFBB training guides and the IFBB College Book for deeper study.

Summary of Key Textbook-Style Materials Associated with the IFBB Course

Material Name	Description	Format
IFBB Proprietary Course PDFs	Core course content developed by IFBB professors and champions	PDF files
Bodybuilding Training Guide	12-week evidence-based training program	PDF guide
Men's Physique Training Guide	Training program for Men's Physique category	PDF guide
Classic Physique Training Guide	Training program for Classic Physique category	PDF guide
Fit Model Training Guide	Training program for fitness modeling	PDF guide
Nutrition Guides (various weights)	Nutritional strategies for bodybuilding and fitness	PDF guides
IFBB College Book	Official IFBB reference guide for bodybuilding and fitness	Book / PDF

These resources collectively support the curriculum of the IFBB Master Bodybuilding & Fitness Degree[9] [7] [10] [8].

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1. https://ifbb-academy.com/product/online-course-master-bodybuilding-fitness-degree/
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10. https://ifbbacademyoman.com/ifbb-college-book/